ABSTRACT

A device for facilitating direct arm-and-leg-tandem production of forward-facing rowing is disclosed. It comprises, briefly and generally, a thrust abutment and reclined back rest (30) and seat (40) tilted back to accommodate a convenient placement of handle-and-pedal assembly (50) for one rowing the device. Handle-and-pedal assembly (50) components are attached to oars for one to use in directly powering a watercraft forward by rowing. Oars (70) pivot by means of pair of connected pivotal axes (60). Pair of connected pivotal axes (60)--one pair to each oar--facilitate moving oars (70) through arcs originating with two axes, one longitudinally positioned and the other vertically positioned. The axes (60) are designed to be strong enough to prevent torquing when pedal (58) and pedal bar (56) are attached to the oars as part of handle-and-pedal assembly (50). Handle-and-pedal assembly (50) components operated in conjunction with an overall design which makes their use possible, thus, allow oars (70) to be pushed through the stroke phase of the rowing motion with arms and legs working together, using substantially the same rowing motion as is used in traditional rowing, but in reverse. The present invention thereby facilitates direct arm-and-leg-tandem production of forward-facing rowing of a watercraft.